

Challenges for 2013

The staff for the FSS program believes in the power of setting and accomplishing goals. That's why we've developed these Challenges for 2013! Periodically, we will send you a new challenge to overcome. As you accomplish your goals, we invite you to share your success! Simply hit reply to this email to tell us about how you're doing, suggest topics and share resources or tips! November

Challenge

Keep Your Immune System

Intact Month! Flu season has begun. Many are taking the op-

(and others around them) from becoming sick. Have your goals changed? Remember to Contact the FSS

portunity to get their flu shots to keep themselves

Steps to Prevent the Flu

It is important to consume Vitamin C, as it can help protect

improve your iron absorption. It also helps build your im-

cells from free radical damage, lower your risk of cancer, and

program today to update your contract!

1. Get Enough Vitamin C

mune system. Some foods that contain Vitamin C are straw-

2. Get the Flu Shot

berries, oranges, cabbage & tomatoes.

It is recommended to get vaccinated around this time of the year, due to the change of weather. The virus thrives in a dry environment (indoors with the heat on) which is why many people tend to get sick during the fall/winter. If you have been immunized and are exposed to people with the virus, it likely that you will not catch the flu because your system will have developed an immunity to it.

Now that fall has arrived, the weather may start

getting colder in the morning and at night. Prepare

3. Dress Weather Appropriate

yourself for unexpected weather changes, such as rain or wind, by wearing a jacket or a long-sleeved shirt. Protecting your feel is also essential to keeping your whole body warm. 4. Take Vitamins Often, people do not consume the suggested amount of nutri-

ents each day through their daily diets for a variety of rea-

sons—due to being picky eaters, having poor diets, or being on a low-calorie diet. Taking vitamins may be one way to ensure that you get enough of the proper nutrients for health. 5. Practice good health habits Overall, practicing good health habits can improve your overall life in a far-reaching way. Researchers have found that taking

precautions like controlling weight, exercising, and eating

healthy, nutritious food can assist you in maintaining good

Resources for practicing good healthy habits:

1. www.choosemyplate.org

2. http://fnic.nal.usda.gov/dietary-guidance/dietary-reference-intakes

3. http://nutritiondata.self.com/

health and help you to thrive.

list of clinics that offer the flu shot:

Where can you get your flu shot?

There are many places that offer the flu shot vaccine, including your local

drug store or health care provider. Refer to the following website for a

http://www.sdiz.org/Home/Flu-Update-Fall-2011-PHC-List.html

income individuals.

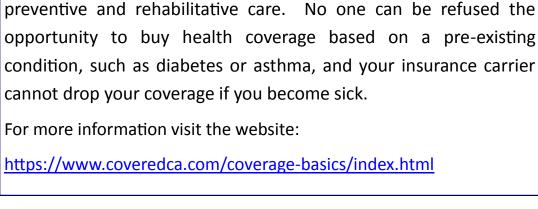
physician

cover Essential Health

services,

Covered California

*The cost of the vaccination may vary.



Quote

care.

hospital

cannot drop your coverage if you become sick. https://www.coveredca.com/coverage-basics/index.html "Physical fitness is not only one of the

most important keys to a healthy

body, it is the basis of dynamic and

creative intellectual activity."

For information on all of the County of San Diego Department of Housing and Community Development's programs and activities, like us on Facebook!

Covered California is the new health insurance

program that is more affordable for low-

January 1, 2014. All health plans now must

medication,

It will go into effect

Benefits, such as

emergency,

